



PROGRAM/SERVICE ADDENDUM: COVID-19 SENIORS STAYING CONNECTED

Note: The Via Center is currently not open to the public, due to Governor Kay Ivey's Safer-at-Home order. Several of our programs are not operational due to public health orders.

Covid Safety Statement: The Via Center is following complete CDC and public health guidance for Covid Safety Protocols for outdoor programs; masks (when applicable), social distancing, pre-screening (temperature checks and health questions), release of liability, cleaning and disinfecting.

Current programs and services:

- Virtual enrichment and education
- Interactive e-newsletter, *Seniors Staying Connected: Community Coronavirus Information* to community-wide distribution list of 5,000+
- Via Online Fitness Portal offering more than 20 classes on-line taught by certified Via Center instructors
- Drive-through "staying connected" social events, including Grill & Grabs, Father's Day, Labor Day, Halloween, Veteran's Day, etc.
- Drive-through community food distributions
- Information & Assistance calls to connect Seniors to needed assistance
- Neighbor-to-Neighbor daily call/check ins to comfort home-bound and socially isolated Seniors
- Social Distance Socializing (SDS) opportunities, including weekly "Lunch Bunch" groups meeting outdoors to maintain mental health
- Weekly outdoor fitness classes
- Volunteer Guardian Program (VGP) - a partnership with Mobile County Probate Court that recruits, trains and matches community volunteers to serve as legally appointed guardians for incapacitated elderly and disabled persons in Mobile County who don't have the ability to make sound decisions
- Personal training (outdoors) for strength, balance and post-procedure Rehabilitation